

### An anonymous Irishman wrote:

- Take time for work, it is the price of success.
- Take time to think, it is the source of power.
- Take time to play, it is the secret of youth.
- Take time to read, it is the foundation of wisdom.
- Take time to be friendly, it is the road to happiness.
- Take time to dream, it's hitching your wagon to a star.
- Take time to love, it is the highest joy of life.
- Take time to laugh, it is the music of the soul.

### Did you know?

#### Parkinson's Disease

- Nearly 100,000 people in Canada have Parkinson's Disease.
- The incidence of Parkinson's Disease increases with age, 20% of patients may be diagnosed under the age of 50 and 5-10% under the age of 40.

Source : Parkinson's Society of Canada,  
www.parkinson.ca

### No Accidents

"There are no accidents... there is only some purpose that we haven't yet understood."

Deepak Chopra



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# Connect

## Your Style

What's important to you

Fall 2011

### We have moved to 1325 Kenaston Blvd.

Feel free to pop in and say hello!

Across from Goodlife Fitness and Tim Hortons; just south of the new IKEA.



### Budget your Time – “Plan your Day and Work your Plan”

We have all had frustrating times when we planned our day and tried to work our plan – only to have unforeseeable interruptions. As a result, we may be tempted to give up and simply head into every day without a plan. However, this is where you must focus, as far as your time budget is concerned otherwise, unaccountable time loss is inevitable. You will end up talking too long on the telephone, and compulsively spending your time in non constructive ways. How do you get started?

Make a written list of what you would like to do today and approximate the amount of time required to complete each task. 1e) 20 minutes to sweep out the garage, 2 hours to trim the hedges, etc. Now prioritize the list into what items you would like done first, second, third and so on.

Be prepared to defend your plan for the day and discipline yourself against the temptation to top your priority list with what you would like to do. Strong self-discipline is required as you plan your day. Be prepared to say “No” to yourself and to

others who might want to spend your time unwisely. You may have to take the telephone off the hook, or ignore the doorbell. Learn to say “No” in a fair, friendly, frank, and firm manner.

*Taken from My Daily Book of Motivation and Inspiration by Robert H. Schuller*





## E-readers: Better for Your Eyes?

We now have many more choices for reading beyond traditional books and magazines. The popularity of tablets and e-readers have vaulted the old-fashioned hobby of reading into the 21st century, but these new choices may bring more than just convenience...

We now can specify reading into categories such as hard copy print, computer screens (which can be further sub-categorized into desktops, smartphones, laptops, and tablets), and now the emerging trend of e-readers. Eyestrain associated with extensive reading tasks is a common symptom patients present to their eye care professional, and can manifest as eye fatigue, difficulty focusing, burning or irritation in the eyes, red, dry, or watery eyes, and/or headaches, neck aches, and back aches. Although this does not result in permanent damage of the eyes, it could affect the ability to perform reading tasks efficiently and comfortably.

The proper use of lighting during a reading task is imperative to visual comfort, as glare or light scatter can be a significant source of eyestrain. Sources of glare include windows, highly reflective surfaces on a monitor, paper, or desk, background illumination on a monitor, or direct lighting over the reading area. Blinds should be placed on windows near a computer station (yes, even if there is a great view). Eliminating desk lamps pointing at the screen, or removal of the fluorescent bulb directly over the workstation can help. Anti-reflection lens coating on prescription glasses can help offset unwanted reflections, and anti-reflection screen protectors are available. E-readers have improved the level of text/background contrast, and the matte quality of the screen can reduce glare even in bright sunlight. A computer monitor has an illuminated background which does not depend on the room lighting. However, when the room is dark and the monitor is bright, or when the screen is too bright compared to the dark text, the

difference in contrast is too great for the eyes and hence becomes uncomfortable. Conversely, a window is thousands of times brighter than the monitor brightness, creating another situation of contrast imbalance. Ideally, the brightness of the room should be equal to the brightness of the monitor, and the monitor itself should not be at the maximum brightness level. The ideal contrast for visual comfort on a monitor is black font on a white background versus multicoloured screens. Different colours activate the focusing muscles of the eyes in various ways, and the constant readjustment of the eyes when viewing multiple colours can result in eyestrain.

Despite adjusting contrast and lighting levels, eyestrain may be caused by eye muscle imbalances or uncorrected vision requiring glasses. Smaller text requires increased resolution ability, and when the eyes struggle to focus, they work harder. A benefit of e-readers is the ability to enlarge text, which can lessen the work for the eyes. Brighter background lighting can help also because the pupils are able to constrict and increase the eye's depth of focus, allowing better resolution of small detail.

Some who wear reading glasses might find that on bright sunny days, they can read without correction. An optometrist can examine the eyes' alignment and focusing ability, and determine whether reading correction is required.

A simple tip for any reading task is to remember to take visual breaks.

Extended periods of near focusing can create stress on the accommodation system (the focusing muscles of the eye), which can contribute to a sense of 'fatigue'. Imagine lifting weights at the gym for 8 hours straight without taking any breaks and how that would fatigue the muscles. Other effects can include temporary distance blur and headaches, due to spasm of the overworked eye muscles. Optometrists quote a general rule: 20/20/20, i.e. every 20 minutes of near work, take a 20 second break and focus on something 20 feet away.

Posture and viewing position are related to overall visual experience, and vice versa. If text is small or not clear, a natural tendency is to lean forward, which can result in physical pain in the head, neck, and

back, especially if reading for an extended period of time. At a computer station, it is advised to sit back in the chair with your legs bent at a 90 degree angle, and wrists straight and not resting on the desk with elbows at a 90 degree angle. The monitor should be positioned at arm's length, and slightly lowered so that the eyes are looking down onto the screen (ie. the eyes should graze over top of the monitor when looking straight ahead). For reading books or e-readers, neck strain can occur when bending the head down. In general, one should not be in the same position for a long period of time and so occasional stretching is a good idea. By making some adjustments to the reading environment, and having an eye care professional make the necessary recommendations to address specific symptoms of eyestrain, the experience of reading can be made to be more productive and enjoyable.

*Taken from Medcan newsletter By: Dr. Shirley Blanc, B.Sc., O.D., Optometrist*

## I am Concerned About my Dad's Driving. What Can I do to Help?

**Q.** I followed my dad, 78, enroute to a family party, and was quite concerned by his driving – erratic speed, unsafe lane changes and dangerous hesitation at on-ramps. He'd be devastated to give up his license – what can I do?

**A.** Research confirms that older drivers are involved in more accidents – per kilometer driven – than their middle-aged counterparts. Of course you want your dad to be independent as long as possible – and drive safely and confidently.

- Identify dad's driving challenges – vision, reaction time, physical limitations
- Schedule a family doctor visit - to check vision, hearing, cognition, medication dosages and /or combinations.



- Get an evaluation - by a driver rehabilitation specialist who can make specific recommendations for improvement.
- The doctor may write to the provincial Ministry of Transport recommending that the licence be revoked. With luck, this step may convince your dad to surrender his licence and keys voluntarily.
- Send a copy of the doctor's letter to the Ministry and also to his auto insurer, who will cancel his policy. No one wants to treat a family member in this way, but you must keep in mind the liability and potential for harm to your parent and to others. It's an unhappy role-reversal for you to do this to your father, so make sure you have the understanding and support of all family members, and give yourself credit for having the courage to love your dad so much.

*This information was provided by Pat M. Irwin, BA, AICB, CPCA, is founder and president of ElderCareCanada, a single-source consulting firm for adult children and their families, addressing all aspects of elder care - [www.eldercarecanada.ca](http://www.eldercarecanada.ca)*

What's  
important  
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